

No Excuses The Power Of Self Discipline

Discover the secrets for how to think and act like the most successful people in the world and reap the rewards! In today ’ s constantly changing world, you have to be smart to get ahead. But the average person uses only about two percent of their mental ability. How can we learn to unleash our brain ’ s full potential to maximize our opportunities, like the most successful people do? In Get Smart!, acclaimed success expert and bestselling author Brian Tracy reveals simple, proven ways to tap into our natural thinking talents and abilities and make quantum leaps toward achieving our dreams. In this indispensable guide, you ’ ll learn to:

- Train your brain to think in ways that create successful results
- Recognize and exploit growth opportunities in any situation
- Identify and eliminate negative patterns holding you back
- Plan, act, and achieve goals with greater precision and speed

Whether you want to increase sales, bolster creativity, or better navigate life ’ s unexpected changes, Get Smart! will help you tap into your powerful mental resources to obtain the results you want and reap the rewards successful people enjoy.

A guide to out-innovating, out-executing, and out-hustling the competition takes readers inside the author’s own office, revealing his "hiring book," memos, files, and dictaphone reports. 35,000 first printing. \$35,000 ad/promo.

Through his Persuasion Institute, Kurt Mortensen has sought out and studied the Persuasion IQ (PQ) of the world ’ s top influencers. Now, in this game-changing guide, he ’ s leveraging his vast knowledge to teach readers the essential habits, traits, and behaviors necessary to cultivate their natural persuasive abilities. Concentrating on the 10 major Persuasion IQ skills, the book provides readers an opportunity to assess their own PQ, identify their strengths and weaknesses, and start down a path to enormous success and wealth. Readers will discover powerful techniques that enable them to: read people quickly; create instant trust; get others to take immediate action; close more sales; win over clients; accelerate business success; earn what they’re really worth; influence others to accept their points of view; win negotiations; enhance relationships; and--most important--hear the magical word “ yes ” more often!Your professional success, your income, and even your personal relationships depend on your ability to persuade, influence, and motivate other people. Whether you are selling a product, presenting an idea, or asking for a raise, persuasion is the magic ingredient. This powerful, life-changing book will transform anyone into a persuasion genius. Military hero and beloved Dancing with the Stars alum Noah Galloway shares his life story, and how losing his arm and leg in combat forced him to relearn how to live--and live to the fullest. Inspirational, humorous, and thought provoking, Noah Galloway’s LIVING WITH NO EXCUSES sheds light on his upbringing in rural Alabama, his military experience, and the battle he faced to overcome losing two limbs during Operation Iraqi Freedom. From reliving the early days of life to his acceptance of his "new normal" after losing his arm and leg in combat, Noah reveals his ambition to succeed against all odds. Noah’s gripping story is a shining example that with laughter, and the right amount of perspective, you can tackle anything. Whether it be overcoming injury, conquering the Dancing with the Stars ballroom, or taking the next steps forward in life with his young family - Noah demonstrates how to live life to the fullest, with no excuses.

The True Story of a Congenital Amputee Who Became a Champion in Wrestling And in Life

The Power of Self-discipline - Indian Edition

How to Get Everything You Want - Faster Than You Ever Thought Possible: Easyread Super Large 20pt Edition

A Novel

No Fears, No Excuses

Take Responsibility for Your Own Success

The 10 Skills You Need to Get Exactly What You Want

"Donovan Green proves that motivation and inspiration improves his clients' lives inside and outside of the gym. Donovan's own life story is the greatest example of how being motivated and driven makes what once seemed impossible a reality." --Joe Scarborough, NBC News Senior Political Analyst and host, Morning Joe
Dr. Oz's personal trainer, Donovan Green, delivers a 30-day fitness program focusing on exercise, diet, and attitude, forged from his experience training thousands of clients ranging from celebrities to regular folks. Between his positive, can-do spirit and practical, brass tacks strategies for getting in shape, it's no wonder that Donovan Green has reached 3.7 million daily viewers via his unique No Excuses platform on DrOz.com. With No Excuses Fitness, Green delivers a comprehensive month-long plan designed to help readers lose 10 pounds in 30 days. Filled with healthy recipes, workouts that can be done anywhere and with minimal equipment, and daily tips for staying focused (especially through plateaus), and featuring a foreword by Dr. Oz's wife Lisa, No Excuses Fitness will inspire and guide anyone interested in losing weight and gaining optimal health.

What is stopping you from having a great career? The answer, quite probably, is you. After all, it is so easy to settle for the dull but safe, or to allow yourself to become trapped in a career you dislike, or to persuade yourself that the job you really want is out of your reach. But it doesn't have to be that way. In No Fears, No Excuses, renowned "career whisperer" Professor Larry Smith shows you precisely how to secure a great future. Building on his hugely popular TEDx talk, "Why You Will Fail to Have a Great Career", he shows why people so often get stuck on the wrong path. He then takes you step by step from that initial point when you are considering your options to the moment when you pitch for that perfect job -- showing you exactly what decisions you need to make, and when. Whether you are starting out, looking to move up, or hoping to change direction altogether, this book will guide you towards a happier, more fulfilled career -- now.

An invaluable guidebook, which contends that the most vexing problems facing women today isn't that doors of opportunity aren't open but that not enough women are walking through them Feminist icon Gloria Feldt pulls no punches in this new book, which argues that the most confounding problem facing women today isn't that doors of opportunity aren't open, but that not enough women are walking through them. From the boardroom to the bedroom, public office to personal relationships, she asserts that nobody is keeping women from parity-except themselves. Feldt puts women's power into an historical context, showing the ways in which women have made huge leaps forward in the past, only to pull back right when they were at the threshold. Feldt argues that there's no excuse-whether it's the way women are socialized, or pressure to conform, or work/life balance issues-for women today not to own their power. Women are still facing unequal pay, being passed over for promotions, entering public office at a much lesser rate than men, and oftentimes still struggling with traditional power dynamics in their interpersonal relationships. Feldt's solution to all these places where women face inequality is the same: we need to shift the way we think to achieve true parity with our male counterparts. No Excuses is divided into nine chapters that organized around how women can change the way they think, and therefore the way they act. These include: Know Your History and You Can Create the Future of Your Choice; Define the Terms-First; Embrace Controversy; Employ Every Medium; and other helpful ideas for using the tools and resources women already have to create the changes they want to see. No Excuses is a timely and invaluable book to help women equalize gender power in politics, work, and love.

Have you accepted defeat and adopted a life of mediocrity? Do you wake up each day unsatisfied with your current situation and feel that life must have more to offer? No Excuses: When Failure is No Longer an Option will enable you to eliminate excuses and implement the power within yourself to obtain complete control of your life. The principles included in this book will empower you to face life's challenges head-on and overcome any obstacle that stands in your way. The overall quality of your life will improve when you choose to remove the destructive barriers that prevent success. Millions of people around the world have settled for less than their worth and created barriers that block them from their goals, but you don't have to be one of them. In this life-changing how-to guide, Edward L Moore shares four basic principles that will enable readers to: - Develop self-discipline to conquer your goals and objectives. - Learn proven strategies to take full accountability for your life's outcomes. - Discover tips on how to identify and develop your niche and create a plan to monetize it. If you desire to achieve more in life, access your potential, and execute your goals, now is the time to start living your life with NO EXCUSES!

Power of Discipline

Own Your Time, Take Back Your Life

Bull's Eye

The Power of Focus

Change Your Thinking, Change Your Life

Get Smart!

Summary of "Unlimited Memory" by Kevin Horsley - Free book by QuickRead.com

Your aim in life should be to achieve all of the wonderful things that are possible for you. There is no reason for you not to be earning twice as much as you are today, or even five or ten times as much. Your potential is practically limitless, if you could just learn how to utilize it. Clarity, Focus, and Concentration: Three strong, simple attributes needed to hone in your potential and hit the bull's eye! And just as you can develop your physical muscles through hard work and concentration, you can develop your mental muscles through continuous repetition. You have the ability right now to achieve more than you ever have before. Bull's Eye will teach you how to unleash your powers for success and accomplish more in the next few months than many people do in a lifetime.

Discover 10 Essential Ways to Make the Most of Your Time "Time is money," as the saying goes, but most of us never feel we have enough of either. In Master Your Time, Master Your Life, internationally acclaimed productivity expert and bestselling author Brian Tracy presents a brilliant new approach to time management that will help you gain control of your time and accomplish far more, faster and more easily than you ever thought possible. Drawing on the latest research in productivity science and Tracy's decades of expertise, this breakthrough program allocates time into ten categories of priority--including strategic planning/goal setting, people and family, income improvement, rest/relaxation, and even creative time--and reveals the best techniques for focusing on each effectively. By thoughtfully applying the principles in Master Your Time, Master Your Life, you'll not only achieve greater results and reach your goals more quickly and successfully, you'll also have more time to devote to what you truly love.

Dr. Wayne W. Dyer, the internationally best-selling author and lecturer, has a new message for his youngest readers. In his latest children's book,Wayne teaches kids about excuses: what they are, where they come from, and how to eliminate them so boys and girls can reach their full potential. Playfully illustrated once again by Stacy Heller Budnick, No Excuses! tells the story of a boy with a seemingly impossible dream who almost lets excuses stand in his way. Luckily, he learns some important lessons that allow him to attain his goals--lessons that just about all children will be able to understand and apply to their lives. No Excuses! will be available shortly after the publication of Wayne's book for adults, Excuses Begone!

Accountability is not a way of doing. Accountability is a way of thinking. Those who achieve greatness know true accountability makes all the difference between success and failure. Based on extensive interviews with accountable leaders—from Fortune 500 CEOs to Hall of Fame athletes—No More Excuses identifies the five accountabilities of successful people and organizations. These tenets encourage accountability in others and performance at the highest level. When you willingly accept and embrace the five accountabilities, you encourage accountability in others and empower your teams to achieve at the highest level. The result is an organization focused on its fundamental values and committed, at the individual level, to achieving critical strategic goals. Whether you are a business owner, a top executive, or a team leader, accountability starts with you and trickles down to everyone else. If you want to build an organization that achieves its goals and beats the competition it is time for No More Excuses.

Concessions of a Serial Campaigner

The Return of Twin Peaks

Growing Up Deaf and Achieving My Super Bowl Dreams

The Breakthrough System to Get More Results, Faster, in Every Area of Your Life

When Failure Is No Longer an Option

Take Control of Your Life with One Simple Habit

The No More Excuses Diet

You don't need to have been born under a lucky star, or with incredible wealth, or with terrific contacts and connections, or even special skills...but what you do need to succeed in any of your life goals is self-discipline. Unfortunately, most people give in to the two worst enemies of success; they take the path of least resistance (in other words, they're lazy) and/or they want immediate gratification; they don't consider the long-term consequences of the actions they take today. No EYescuses! shows you how you can achieve success in all three major areas of your life:
1. Your personal goals.2. Your business and money goals.3. Your overall happiness. Each of the 21 chapters in this book shows you how to be more disciplined in one aspect of your life, with end-of-chapter eYescercises to help you apply the no eYescuses approach to your own life. With these guidelines, you can learn how to be more successful in everything you do - instead of wistfully envying others who you think are just luckier than you. A little self-discipline goes a long way...so stop making eYescuses and read this book! Taking responsibility is the key to achievement. Happiness derives from facing challenge with courage. Each failure opens the door to learning. High values, hard work and persistence matter. Success has meaning when it is won through integrity.

While productivity and time management expert Brian Tracy has been writing bestselling books and giving seminars on these topics for well over thirty years, the challenge of remaining optimally productive in our modern world has never been greater. How can this be? We live in the most technologically advanced period of history in the most technologically advanced country. With the advent of mobile phones, killer apps, internet speeds that stagger the imagination, and nearly any bit of information, products, and solutions only one click away, how can it be that remaining optimally productive is such a challenge for so many? In a word: DISTRACTION. Many of us spend precious time focusing on the inces – sant e-mails, texts, notifications, ads, etc. that seem important—even urgent—to our success and happiness, but, in reality, only complicate our lives and take us even further from our goals. Brian addresses this challenge of distraction in its many forms and shows you how to “feed your focus” on a daily basis. You will learn:
• Productivity Promises and Pitfalls in our Modern Age
• The Psychology of Productivity
• The Best Productivity Methods Ever Conceived
• How to End Procrastination Once and For All
• Productivity and Relationships: Where it Applies and Where It Doesn't
Look for these other books by BRIAN TRACY
Entrepreneurship
• Make More Money
• The Science of Influence
• The Science of Money
• The Science of Motivation
Overcome the interpersonal challenges holding your business back Is your workplace riddled with gossip, power struggles, and confusion? Do you seek clarity in your management and cohesiveness in your team? Do you have a personal obstacle affecting your professional success? If so, there is good news-help is on the way. Stop Workplace Drama offers down-to-earth, practical methods to help business owners, entrepreneurs, and private practice professionals maximize success, increase productivity, and improve teamwork and personal performance. Identify "drama" barriers and help your employees break free to experience higher personal effectiveness and increased productivity Each of the eight points is full of universal and practical principles any business leader, sales director or entrepreneur can put to use immediately
Author Marlene Chism has shared her signature process with organizations such as McDonalds and NASA
When you're in the thick of business competition, you and your team need to function freely without internal conflicts, confusions, or rivalries. Stop Workplace Drama ensures that your employees will be able to give their best to create a healthy, profitable workplace.

9 Ways Women Can Change How We Think about Power

Get it Done Now!

The No Excuses Mindset

Culture and Control in a "No-Excuses" Charter School

How to Think and Act Like the Most Successful and Highest-Paid People in Every Field

Scripting the Moves

Proven Systems for Starting Fast, Growing Quickly, and Surviving Hard Times

No Excuses!The Power of Self-DisciplineVanguard

He was named by The Atlantic Monthly as "the most sought-after strategist in the Democratic party." He was targeted by National Review as the Democratic Party's "poet goon." From his unique perspective, Robert Shrum gives us an epic and personal story of the struggle for power in America during the past four decades. With wit and humor, rare candor, and a wealth of detail, he vividly recounts the real personalities and real forces that shaped the outcome of the closest and most important elections of our time. We are there with Shrum in the back rooms, on the planes, and in the motorcades with Ted Kennedy, Al Gore, John Kerry, John Edwards, and Bill and Hillary Clinton. Shrum reveals the manipulations and limitations of old and new forms of political persuasion, from the historic and sometimes controversial speeches he wrote to the negative ads he created for national and statewide candidates, from prepping presidential nominees for critical debates to the deployment of the new political weapon, the Internet. He lifts the curtain on decisive moments. Did John Kerry and John Edwards actually believe in the Iraq war they voted for? What was the real reason the Kerry campaign didn't respond faster to the Swift Boat attacks? Why didn't Al Gore let Bill Clinton campaign all-out in 2000? How did Clinton get through the first perilous week of the Lewinsky scandal? This is a provocative journey through recent history: George McGovern's antiwar campaign of 1972, the improbable rise of Jimmy Carter, Senate campaigns that made historic breakthroughs and shaped the presidential contests of the future, the gifts that made Bill Clinton a great politician -- and the circumstances and calculations that kept him from being a great president. As strategist, adviser, and often friend to the leaders he enlisted with, Shrum shows them as they are, with their strengths and human weaknesses -- as well as his own. Assailed as a populist who pushed the Democratic Party, in a phrase he coined, "to stand for the people, not the powerful," Shrum argues that unlike Republicans from Reagan on, Democrats fall short, politically or in office, when they trim their convictions and walk away from fundamental issues -- like universal health coverage. This is one of the most fascinating books ever written about the victories and defeats, the causes and candidates, the "flawed heroes" that drive the high drama of American politics.

The Enhanced Edition includes short-course videos by the coauthors for each of the twelve chapters of the book (total of 18.5 minutes). Both Brian Tracy and Christina Tracy Stein show how to apply the messages of each chapter to everyday life. Videos include: Your Full Potential, Confront Your Frogs, You Become What You Think, The Law of Substitution, Victim of Victor in Life, and The Law of Forgiveness. Just like the lonely princess in the fairy tale who was reluctant to lock lips with a warty frog and transform him into a handsome prince, something stops many of us short of attaining our dreams. Our negative thoughts, emotions, and attitudes can threaten to keep us from achieving all that we're capable of. Here bestselling author and speaker Brian Tracy and his daughter, therapist Christina Tracy Stein, provide a set of practical, proven strategies anyone can use to turn those negative frogs into positive princes. Tracy and Stein present a step-by-step plan that addresses the root causes of negativity, helps you uncover blocks that have become mental obstacles, and shows how you can transform them into stepping-stones to achieve your fullest potential. The book distills, in an accessible and immediately useful form, what Tracy has presented in more than 5,000 talks and seminars with more than five million people in fifty-eight countries and what Stein has learned through thousands of hours of counseling people from all walks of life. "There is nothing either good or bad, but thinking makes it so," the authors quote Shakespeare. The many powerful techniques and exercises in this book will help you change your mindset so that you discover something worthwhile in every person and experience, however difficult and challenging they might seem at first. You'll learn how to develop unshakable self-confidence, become your best self, and begin living an extraordinary life.

He was born a congenital amputee, his arms ending at his elbows and his legs at his knees. But that didn't stop Kyle Maynard from becoming a champion, on the wrestling mat and in his life. No Excuses is the inspiring story of Kyle's battle against the odds. You'll learn about the family who supported him, the coach who trained him, and the faith that strengthened him to face the toughest fights.

3 Days to Bust Any Excuse, 3 Weeks to Easy New Eating Habits, 3 Months to Total Transformation

No Excuses Fitness

How to Unlock Your Full Potential for Success and Achievement

Master Your Time, Master Your Life

The Power of Self-Discipline

Closing the Racial Gap in Learning

Now, Discover Your Strengths

With Self Discipline, all things are possible. Without it, even the simplest goal can seem like the impossible dream."~ Theodore Roosevelt
Do you often find yourself struggling to resist your unworthy temptations? Does every little distraction drift you instantly from your most important task? Do you always wonder how high performers manage to control their impulse and stay focused on their goals? Do you think every successful person is born with innate self-control abilities? Imagine if you could resist any temptations and race like a horse with its blinkers on. Imagine having a vast reservoir of willpower to handle difficult things smoothly. The Power of Self Discipline will help you truly understand the underlying reasons why people succumb to their worst temptations and impulses, despite being rational humans. This book will equip you with actionable strategies to strengthen your willpower muscles. You will find the strategies, that are fully backed up by neuroscience and psychological researches conducted by self-control experts of the world. Som Bathla has already written multiple bestselling books about upgrading mindset & enhancing human performance. In this book, he lets you wear unique inward lenses to help you see your inner critic self (that derails you) and further handover to you strategic tools to enlarge your willpower reservoir to achieve your goals faster. The Power of Self Discipline- will reveal How Self-Discipline Can Help Achieve Your Goals
Learn the psychology and economics of why Chimpanzees demonstrate better self-control than humans & what to do about it. Why False Hope Syndrome seriously destroys your dreams, and how you can overcome this? How to Beat Instant Gratification, Resist Temptations and Distractions, Overcome Laziness
Identify the psychological factors that drain your willpower without you knowing it. Learn why a rational human being chooses one single reward instantly, when he can get double in two minutes? How What-The-Hell Effect drowns you deeper into your indulgences, and the ways to control it. What Triggers Self-Discipline & Learn Powerful Habits To Strengthen Your Willpower
Muscle Leverage the power of our Prefrontal Cortex's three part structure to boost your willpower. How "Energy Budget Model" governs your behaviour and ways to optimize it. How Using Commitment devices enables you to stay disciplined. How lack of sleep steals your willpower and even makes you a bad person
The neuroscience research supporting the mindfulness techniques to get rid of any bad habits. Strategies to avoid emotional choices and make rational decisions. Learn Mental Toughness Strategies from the World's Most Disciplined
Mental Toughness Tenets of Navy SEAL- learn to develop your grit and self-control. How 4X4 breathing technique can help to you immediately regain your calm even during highly stressful situations. Self-discipline is the key to execute most difficult tasks, and sets apart the achievers from the ones who remain in mediocrity for life. Don't settle for mediocrity, as you can achieve whatever you want. Master Self-Discipline, Boost Mental Toughness, Foster Habits to Strengthen Willpower and Reach Your Goals Faster. Be Disciplined, & Take Action Towards Self-Mastery

Popular pastor and radio host Tony Evans gives men the advice and inspiration they need to battle on through difficult circumstances and be the men God made them to be.

The No Excuses Mindset presents an innovative way to overcome challenges in life. It exposes the reasons why we give excuses, equipping and empowering us to live a valuable life. This transformational process will press you forward toward success. It's time you embraced what you are destined to do and who you are destined to be without any excuses

Black and Hispanic students are not learning enough in our public schools, and their typically poor performance is the most important source of ongoing racial inequality in America today—thus, say Abigail and Stephan Thernstrom, the racial gap in school achievement is the nation’s most critical civil rights issue and an educational crisis; it’s no wonder that “No Child Left Behind,” the 2001 revision of the Elementary and Secondary Education Act, made closing the racial gap in education its central goal. An employer hiring the typical Black high school graduate or the college that admits the average Black student is choosing a youngster who has only an eighth-grade education. In most subjects, the majority of twelfth-grade Black students do not have even a "partial mastery" of the skills and knowledge that the authoritative National Assessment of Educational Progress calls "fundamental for proficient work" at their grade. No Excuses marshals facts to examine the depth of the problem, the inadequacy of conventional explanations, and the limited impact of Title I, Head Start, and other familiar reforms. Its message, however, is one of hope: Scattered across the country are excellent schools getting terrific results with high-needs kids. These rare schools share a distinctive vision of what great schooling looks like and are free of many of the constraints that compromise education in traditional public schools. In a society that espouses equal opportunity we still have a racially identifiable group of educational have-nots—young African

Americans and Latinos whose opportunities in life will almost inevitably be limited by their inadequate education. When students leave high school without high school skills, their futures—and that of the nation—are in jeopardy. With successful schools already showing the way, no decent society can continue to turn a blind eye to such racial and ethnic inequality.

7 Ways it Can Change Your Life

Train Your Team to have No Complaints, No Excuses, and No Regrets

Believe It to Achieve It

No-excuses Management

Squaring the Circle

Ask a Manager

The Power of Self-Discipline

From the bestselling author of Eat That Frog!, a motivational guide to using the Psychology of Achievement to banish negative thoughts and behaviors and unlock your full potential for success. Letting go of negative thoughts is one of the most important steps to living a successful, fulfilling life, but also often the most difficult. In this practical, research-based guide, bestselling authors Brian Tracy and psychotherapist Christina Stein present their "Psychology of Achievement" program to help you identify and overcome detrimental patterns and ideas preventing you from achieving your goals or feeling happy and satisfied in your life. Whether this negativity stems from a past relationship that ended badly, a childhood trauma, a business or career failure, or general insecurity, Tracy and Stein help you recognize how conscious--and more oftentimes unconscious--negativity affects your personality, your outlook and your decisions. Along the way, they show you how to regain control of your thoughts, feelings, and actions, turn negatives into positives, and learn to accept unexpected life changes without falling back into old negative patterns. Essential reading for anyone feeling stuck, BELIEVE IT TO ACHIEVE IT offers an important roadmap to conquer negativity and embrace the power of positive thinking to live a happy, successful life.

Outlines a program developed by Gallup experts and based on a study of more than two million people to help readers discover their distinct talents and strengths and how they can be translated into personal and career successes. 100,000 first printing.

Have you ever wished you were doing more with your life? The Power of Discipline by Brian Tracy illustrates how discipline alone can be the difference between winning and losing, between greatness and mediocrity. The real key to this book, however, is how it ties the power of discipline to 7 critical areas of your life, which are: goals, time management, personal health, responsibility, character, courage, and finances.

In 2017, twenty-five years after its initial release, a new season of Twin Peaks shook the world of television. This new book is a detailed analysis of the third season of the television series and aims to elucidate some of the meanings of Twin Peaks: The Return and explain these in terms of philosophical, mythological and spiritual approaches. It focuses on the third season of Twin Peaks but also refers to the first two seasons, and to the film, Fire Walk with Me. Divided into three sections, the first examines season 3 as expanded storytelling through the lens of Gene Youngblood's theory of synesthetic cinema, intertextuality, integrationist and segregationist approaches in the realm of fiction, and focuses on the role of audio and visual superimpositions in The Return. It goes on to question the nature of the reality depicted in the seasons via scientific approaches, such as electromagnetism, time theory, and multiverses. The third and final section aims to transcend this vision by exploring the occult, theosophy, and other spiritual sources. The author's focus on the role of spirituality and science in Twin Peaks is what distinguishes this book from other works on the famous television series. The work of a scholar who is also a fan, the book should appeal to any hardcore Twin Peaks viewer. Foreword by Matt Zoller Seitz, editor-at-large at RogerEbert.com, and the television critic for New York magazine. This will be essential reading for fans of Twin Peaks and academics writing about it. It may also have interest for students with an interest in philosophy, religion, science or spiritualism in visual and popular culture.

Resist Temptations, Control Impulses, Boost Mental Toughness and Willpower, and Create a Life of Success and Abundance

No Excuses

How to Navigate Clueless Colleagues, Lunch-Stealing Bosses, and the Rest of Your Life at Work

12 Great Ways to Turn Negatives into Positives in Your Life and Work

No More Excuses

Summary of "No Excuses!" by Brian Tracy - Free book by QuickRead.com

In her global phenomenon The 5 Second Rule, Mel Robbins taught millions of people around the world the five second secret to motivation. Now she's back with another simple, proven tool you can use to take control of your life: The High 5 Habit. Don't let the title fool you. This isn't a book about high fiving everyone else in your life. You're already doing that. Cheering for your favorite teams. Celebrating your friends. Supporting the people you love as they go after what they want in life. Imagine if you gave that same love and encouragement to yourself. Or even better, you made it a daily habit. You'd be unstoppable. In this book, Mel teaches you how to start high fiving the most important person in your life, the one who is staring back at you in the mirror: YOURSELF. If you struggle with self-doubt (and who doesn't?) ... If you're tired of that nagging critic in your head (could somebody evict them already?) ... If you're wildly successful but all you focus on is what's going wrong (you're not alone) ... If you're sick of watching everybody else get ahead while you sit on the couch with your dog (don't bring your dog into this)Mel dedicates this book to you. Using her signature science-backed wisdom, deeply personal stories, and the real-life results that The High 5 Habit is creating in people's lives around the world (and you'll meet a lot of them throughout this book), Mel will teach you how to make believing in yourself a habit so that you operate with the confidence that your goals and dreams demand. The High 5 Habit is a simple yet profound tool that changes your attitude, your mindset, and your behavior. So be prepared to laugh and learn as you take steps to immediately boost your confidence, happiness, and results. It's time to give yourself the high fives, celebration, and support you deserve.

CHANGE YOUR THINKING CHANGE YOUR LIFE "Every line in this book is bursting with truth, wisdom, and power. Brian Tracy is the preeminent authority on showing you how to dramatically improve your life. Let him be your guide.

I've learned so much from Brian myself that I can't thank him enough!" —Robert G. Allen, #1 New York Times bestselling author "This book gives you a step-by-step system to transform your thinking about yourself and your potential, enabling you to achieve greater success in every area of your life." —Lee Iacocca, Chairman, Lee Iacocca & Associates "Once again, Brian Tracy has written an incredible book which shows individuals how to delve into their inner resources so that they can not only identify realistic goals but develop a plan on how to achieve these goals. This book promises to be a bestseller and to influence the lives of so many. It is must reading."

—Sally Pipes, President, Pacific Research Institute "Outstanding! Brian Tracy's Change Your Thinking, Change Your Life is a must-read. Use the powerful 'mental software' program in this book to tap your vast inner resources and bring the life you've been dreaming about into reality." —Ken Blanchard, coauthor of The One Minute Manager and Full Steam Ahead! "As usual, Brian Tracy has hit another home run with Change Your Thinking, Change Your Life. It's a must-read!" —Mac Anderson, founder, Successories, Inc. "Brian's new book, Change Your Thinking, Change Your Life, will show you how to attract the people and resources you need to achieve any goal you set for yourself." —Tony Jeary, Mr. Presentation, author of Life Is a Series of Presentations "This is a masterful book laden with wisdom and knowledge. It'll catapult you from intention to implementation. It arms you with the information and insights you need to achieve success and significance in your life." —Nido R. Qubein, founder, National Speakers Association Foundation Chairman, Great Harvest Bread Company

Do you want more free books like this? Download our app for free at https://www.QuickRead.com/App and get access to hundreds of free book and audiobook summaries. If you've ever taken a look at your life and wondered what's holding you back, No Excuses is literally the answer. Brian Tracy's explosive study on the power of self-discipline will show you how to break down the barriers between you and success by simply eliminating the excuses we tell ourselves every day. Exploring the power of self-discipline in practice, No Excuses (2010) takes a look at how we can improve three critical areas of our lives-- personal success, career success, and overall happiness-- through aggressive self-discipline. Arguing that excuses are the limitations we place on ourselves, Tracy challenges readers to relinquish the crutch of convenient excuses and embrace the life-changing power of self-discipline.

Includes sections on self-discipline and personal success; business, sales and finances; and the good life.

Kiss That Frog!

Be the Man God Made You to Be

The High 5 Habit

Persuasion IQ

Never Turn Back

Goals!

The Power of Self Discipline

An inside look at a "no-excuses" charter school that reveals this educational model's strengths and weaknesses, and how its approach shapes students Silent, single-file lines. Detention for putting a head on a desk. Rules for how to dress, how to applaud, how to complete homework. Walk into some of the most acclaimed urban schools today and you will find similar recipes of behavior, designed to support student achievement. But what do these [scripts] accomplish? Immersing readers inside a [no-excuses] charter school. Scripting the Moves offers a telling window into an expanding model of urban education reform. Through interviews with students, teachers, administrators, and parents, and analysis of documents and data, Joanne Golann reveals that such schools actually dictate too rigid a level of social control for both teachers and their predominantly low-income Black and Latino students. Despite good intentions, scripts constrain the development of important interactional skills and reproduce some of the very inequities they mean to disrupt. Golann presents a fascinating, sometimes painful, account of how no-excuses schools use scripts to regulate students and teachers. She shows why scripts were adopted, what purposes they serve, and where they fall short. What emerges is a complicated story of the benefits of scripts, but also their limitations, in cultivating the tools students need to navigate college and other complex social institutions/tools such as flexibility, initiative, and ease with adults. Contrasting scripts with tools, Golann raises essential questions about what constitutes cultural capital and how this capital might be effectively taught. Illuminating and accessible, Scripting the Moves delves into the troubling realities behind current education reform and reenvision what it takes to prepare students for long-term success.

Most people think success comes from good luck or enormous talent, but many successful people achieve their accomplishments in a simpler way: through self-discipline. No Excuses! shows you how you can achieve success in all three major areas of your life, including your personal goals, business and money goals, and overall happiness. Each of the 21 chapters in this book shows you how to be more disciplined in one aspect of your life, with end-of-chapter exercises to help you apply the "no excuses" approach to your own life. With these guidelines, you can learn how to be more successful in everything you do--instead of wistfully envying others you think are just "luckier" than you. A little self-discipline goes a long way!so stop making excuses and read this book!

ONE OF AMAZON'S BEST BOOKS OF OCTOBER 2020! FINALIST, 2020 GEORGIA AUTHOR OF THE YEAR AWARDS Linwood Barclay meets Michael Farris Smith in this Southern-set domestic thriller about family, vengeance, and atonement from critically acclaimed Southern mystery novelist Christopher Swann.

The bonds of family never truly let go. In fact, its grip only tightens the further you try to run: crushing and crippling. Ethan Faulkner is a precocious child with a brilliant but troublesome sister, a war vet for a father, and a weary mother trying to manage their family. One night a young woman rings their doorbell, desperate to hide from two men who are pursuing her, when one of the two barges in after her. The struggle leaves both of Ethan's parents dead. Years later, Ethan has a successful teaching career and a budding relationship with a coworker. But he hasn't quite followed through on his promise to his dying father--to take care of his sister. Susannah is not an easy person to keep tabs on, is a handful even when the tabs are kept, and quite frankly, Ethan wants her to suffer for preventing him from getting to his dad before he died all those years ago. It was a long time ago and Ethan tries to put all of it behind him. But that's easier said than done. When news of a brutal murder breaks with evidence pointing to Ethan as the prime suspect, all the painful memories of his past come rushing to meet him. Lyrically conveyed with emotion and nuance, Never Turn Back is a powerful story about family, vengeance, and how some actions echo through the years with irreparable consequences.

Don't let excuses stop you from having a body and a life that you love! We all know that we should exercise and eat right, so why is it so hard to follow through? We make excuses for why we aren't taking better care of ourselves, saying things like, "I'm too tired," "I don't have time," or "I'm just not built to look that way." But

Maria Kang, the mother of three behind the viral "What's Your Excuse?" mom photos, is here to say that the excuses stop now. The No More Excuses Diet combines short term goals with healthy habit-forming behaviors to create permanent lifestyle changes. Using a specially designed transformation calendar, readers set clear, personal goals and make an easy-to-follow plan for each day. The program uses a balanced diet of 30% carbs, 30% protein, 30% fats, and includes a 10% flexible portion that can be customized depending on your goals! whether it's extra protein for building muscles, or a sugary treat at the end of the day. The No More Excuses Diet also provides a completely customizable workout guide, with over 50 illustrated exercises designed to build strength, flexibility, endurance, and to shed fat. The program also includes 7 weeks of worth of exercise programs that can be done at home with no extra equipment. Packed with meal plans, grocery lists, lots of encouragement and a clear plan of action, The No More Excuses Diet is a must-read book for anyone who is ready to bust through the excuses the hold them back and take their health and fitness to the next level.

Overcome Your Doubts, Let Go of the Past, and Unlock Your Full Potential

Stop Workplace Drama

No Excuses!

The 30-Day Plan to Tone Your Body and Supercharge Your Health

The Five Accountabilities for Personal and Organizational Growth

Living with No Excuses

The Remarkable Rebirth of an American Soldier

Trailblazing Seattle Seahawks fullback Derrick Coleman Jr.—the first deaf athlete to play offense in the NFL—tells his inspirational journey of persevering through every obstacle, remaining dedicated to the hard work and a no-excuses attitude that ultimately earned him a Super Bowl victory. Great for readers of all ages. Even at a young age, if anyone told Derrick Coleman what he couldn't do, he'd just reply, "Watch me." Diagnosed as hearing-impaired at age three, he faced a potentially limited future, but neither he nor his family were going to let that happen.

Now Derrick shares the story of his remarkable journey toward NFL stardom, of the friends and colleagues who cheered him on when skeptics tried to chip away at his confidence, and of how every challenge he faced only strengthened his resolve. At the heart of his story is his unconventional family, whose one constant was always love. When Derrick was misunderstood as "difficult," or bullied and laughed at by schoolmates, he removed his hearing aids and listened instead to his mother's advice: Never let anyone else tell you how far you can go. Playing football became an outlet for Derrick's restless energy and a way of proving he could forge his own path. As a senior at UCLA, he became a standout, an award-winning player who led his team with eleven touchdowns and demonstrated to the world what his heart had known all along: He had what it took to be a champion. No Excuses is more than just Derrick Coleman's story as a sports legend, inspirational role model, and icon. It's a motivating and unique testament to the human spirit, to the potential inside everyone who has ever faced difficult obstacles. It's about aiming high in life, giving it your all, and never ever settling for excuses.

Want more free books like this? Download our app for free at https://www.QuickRead.com/App and get access to hundreds of free book and audiobook summaries. Learn how to use advanced learning strategies to learn faster, remember more and be more productive. How often do you find yourself trying to remember something you think you should know? You've met that person before, but why can't you remember her name? Maybe you struggle to remember birthdays and other important dates, did you forget your wedding anniversary again this year? It happens to the best of us, luckily, there's a way to never forget anything ever again. Unlimited Memory offers several methods to help you remember information quickly and effectively. These methods will be nothing like you ever learned in school, but they'll teach you how to use your imagination and have fun while learning! So if you're tired of forgetting where you put your keys, then keep reading to find out how to master your memory and put an end to forgetfulness.

From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being

micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of The No Asshole Rule and The Asshole Survival Guide "Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin Lowry, author of Broke Millennial: Stop Scraping By and Get Your Financial Life Together